

The Paleo Diet for Healthy Lifestyle

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Abstract:

Our lifestyle needs many changes in various aspects of life to keep ourselves fit according to present situations, which is not an easy task for everyone. In such a situation, it is better to follow a right diet plan. Paleo diet is a good option to keep yourself healthy and fit. In this, you have to eat food like in ancient times. The good thing is that in this diet you can avoid eating processed junk food, which is responsible for health problems. The Paleo diet includes natural foods, which balance the hunger hormones as well as the blood sugar level. By consuming it, you remain energetic, weight does not increase and mental health remains good.

Keywords: Paleo diet. Processed food, healthy lifestyle.

Introduction:

The Paleo diet plan is a diet that was followed in the Paleolithic era by our ancestors . Which is about 10,000 years ago. That's why the Paleo diet is also known as the Stone Age diet. If explained in simple words, the Paleo diet is a diet in which we eat all the things which are organic. We can include unprocessed foods with whole fruits in this diet. Along with vegetables, fruits, dry fruits can also be included in this diet.

The main objective of this diet is to keep you healthy and keep your weight under control at all times, because processed food increases the risk of many serious diseases. In Paleo diet, you have to take only three meals a day. Morning, afternoon and evening. It is necessary to take plenty of nutrients in these three meals. As such, it is not easy to follow this diet. Because all types of dairy and whole grain products cannot be taken in it, yet it provides a complete diet to the body and does not cause weakness or other problems.

There are many types of diets to lose weight, one of them is the Paleo diet. Paleo diet not only keeps you healthy, strong and fit for a long time, but also reduces weight very quickly. Paleo diet includes fruits, eggs,

seafood, fish, seeds, olives, coconut, flax seeds, vegetables, fruits etc. These are some of the foods that are rich in antioxidants, vitamins, minerals and phytonutrients. All these elements protect you from diabetes, cancer and neurological disorders.

What is paleo diet:

Mainly the Paleo diet includes natural foods, which balance the hunger hormones as well as the blood sugar level. By consuming it, you remain energetic, weight does not increase, mental health remains good. Food like lean meats, fish, fruits, vegetables, nuts and seeds – which in the past were obtained by hunting and gathering, are the main part of the diet. The Paleo Diet limits foods that became common during farming about 10,000 years ago. Dairy products, legumes and grains are also included in this Paleo diet.

Benefits of Paleo Diet:

1. Paleo diet to increase energy level

All the nutrients found in the Paleo diet are very beneficial for maintaining energy throughout the day. If someone follows it with complete rules, that does not require consuming any energy drink or energy food supplement. The Paleo diet gives more energy than the other diet.

2. Lose weight instantly

Like the keto diet, the paleo diet has also been considered very beneficial for reducing weight. Through the Paleo diet, all the healthy and essential nutrients enter your body. It does not increase weight, because you consume natural foods. Consuming less processed foods limits the intake of carbs, which helps in weight loss.

3. Rich in protein :

The Paleo diet consists of animal-based proteins. The proteins present in chicken, red meat make muscles strong. Having the right amount of protein in the body keeps the body healthy , your blood sugar under control, increases muscle mass, and helps the injury heal faster and with the help of paleo diet, the deficiency of protein in your body can be fulfilled. If you want to lose weight or want to include protein in the diet, then definitely consult a dietitian about this diet.

4. Paleo diet reduces Blood Pressure:

Raised BP is a risk factor for heart disease. The Paleo diet not only keeps the heart healthy but also monitors blood pressure. As per a study in 2008, following the Paleo diet for 3 weeks improves systolic BP. It also helps in reducing weight and body mass index.

5. Keeps intestines healthy:

Excess consumption of processed foods worsens intestinal health. This can also increase the problem of inflammation in the intestines. Foods rich in nutrients present in the Paleo diet protect the intestines from diseases. Keep it healthy. If you eat more sugary things and processed food, then there will be problems in the intestinal tract. Paleo diet is better for the digestive system. Foods such as lemon, pineapple, coconut oil, turmeric and herbs are rich in anti-bacterial and anti-fungal properties. They reduce inflammation as well as protect the digestive system.

6. Protects against allergies:

If you are prone to allergies, then follow the Paleo diet for a few days. If you are allergic to seeds and dairy products, the Paleo Diet recommends avoiding such foods for a month or two.

7. Limits fructose intake:

Processed foods contain high amounts of fructose or simple sugars. Fructose can damage the liver. There is also insulin resistance. Excessive consumption of processed food can also lead to weight gain, high blood pressure, diabetes. Reduce your intake of fructose-rich foods. Anyway, these things are not included in the Paleo diet. This includes foods that are easily digested. It also contains antioxidants. So if you also want to be healthy, then try taking Paleo diet for a few days.

8. Healthy for the brain:

This diet is a natural source of protein and fat, which comes from fish such as salmon. Salmon is a rich source of Omega-3 fatty acids, including DHA, which are believed to be good for your heart, eyes, and brain function.. Due to Omega 3 fatty acids, It is best for the development and working capacity of the human brain along with eyes, heart.

9. Healthy for the intestines:

Sweet foods and processed food items always cause problems in the intestinal tract. Modern lifestyle and its accompanying increasing stress, often force us to eat junk food or highly processed food items, which can

result in leaky gut syndrome. The Paleo diet eliminates these flammable foods from your diet. This diet includes some nutritious things, which are better for your digestive system. For example, animal protein promotes the production of acid, which is great for intestinal health. Foods such as lemon, pineapple, coconut oil, turmeric and herbs are rich in anti-bacterial and anti-fungal properties. They reduce inflammation as well as protect the digestive system.

10. Limits fructose intake:

Fructose or simple sugar is present in every processed food that we consume. These also include bread and condiments. Consuming high amounts of fructose has become common in today's diet. These can cause damage to the liver. Insulin resistance also develops. They also promote obesity, high blood pressure and diabetes. Food sources that are high in fructose are not included in the Paleo diet. It includes foods that are easy to digest as well as rich in antioxidants. Together they make for a healthier and more complete diet.

Side Effects of Paleo Diet:

Although the Paleo diet is a good way to eat a complete meal by eliminating processed junk food and sugar, However there are some side effects that one should be aware of before going on the Paleo diet.

1. Sometimes taking the Paleo diet leads to a lack of energy. The low-carb foods can make you feel dizzy and light-headed. Sometimes you may experience fatigue, lethargy, irritability, also known as low-carb flu.
2. This diet reduces appetite and consuming a low-carb diet also reduces thyroid function.
3. Due to the lack of carb, your focus is on fat burning and ketosis, which produces a compound called acetone, resulting in bad breath. Therefore, you always need a mouth freshener with you while doing this diet.
4. The Paleo diet causes a change in bowel habits. So when you plan to make changes in your diet, your gut needs some time to adjust to it. Which can accordingly make a change in bowl habits.
5. Practicing this diet for a long period of time one can start having hyperparathyroidism. Such as fatigue, lethargy and chills.
6. In the process of losing a lot of weight, the body controls the function of the thyroid to maintain energy. Therefore, more and more vegetables should be included to increase the carb level in the body.
7. As the Paleo diet consists mostly of protein and consuming high amounts of protein increases the cholesterol level and reduces the good cholesterol level (HDL high-density lipoprotein associated with lower risk of heart disease), Which increases the risk of heart disease.

Foods to taken on the Paleo Diet:

1. Meat can be taken - beef, chicken, turkey, pork and others.
2. In fish and seafood – salmon, trout, haddock, shrimp, scallops can be taken.
3. In eggs – Eat free range, pasteurized or eggs rich in omega-3.
4. In fruits- Apple, Banana, Orange, Pear, Avocado, Strawberry, Blueberry etc. can be eaten.
5. In vegetables - take broccoli, black, chili, onion, carrot, tomato etc.
6. Take salt and spices- sea salt, garlic, turmeric, rosemary etc
7. In Nuts and Seeds- Eat almonds, walnuts, hazel nuts, sunflower seeds, pumpkin seeds.
8. In healthy fats and oils - consume only extra virgin olive oil, coconut oil, avocado oil etc.
9. Take salt and spices- sea salt, garlic, turmeric, rosemary etc. In Tubers - eat potatoes, sweet potatoes, yams and turnips.

Conclusion:

Very few people know about the Paleo diet plan, but these days it is discussed a lot among people. It is a little different from the normal diet plan. A lot of fruits, vegetables, lean meats and dry fruits are included . your weight remains under control because of low carbohydrate and high protein and high fat in diet as well as diseases like BP, diabetes can be avoided.

The purpose of the Paleo diet is to adapt the food pattern that our prehistoric ancestors used to do. Consumption of Processed food is discouraged and this diet emphasizes on consumption of unprocessed food . Although Paleo diet plan goes a long way in improving insulin sensitivity, helping with weight loss and lowering blood pressure, However, the Paleo diet may not be safe for everyone, so it is advised to consult a doctor or dietitian before going for this diet, especially if you have any problem, avoid taking it on your own. Namami Agarwal, founder and nutritionist, "Namami Life", says that the Paleo diet includes animal-based proteins. Proteins present in red meat, chicken etc. make muscles strong. In such a situation, if you want, talk to your dietician about the Paleo diet and also take information about which protein you can include in your diet and in what quantity. To use the Paleo diet, you should gradually quit things, suddenly quitting all at once can lead to many problems.

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